

Caring for your Prosthesis

Maintaining good hygiene routine is probably the single best activity to help prevent skin irritations and infections as well as improve the longevity of your device.

Skin

- Inspect your limb after wearing your prosthesis daily, use of a hand mirror is most helpful to let you see the underside of your limb. Any redness should dissipate within 15-20 minutes. If it doesn't notify your prosthetist.
- At the end of the day, wash your limb using a mild soap. Rinse well and pat dry. Use a gentle moisturizer overnight.

Liner

- Liners should be washed at the end of the day, **everyday**. Remove your liner and turn it inside out. Wash well using a mild soap, preferably with something you already use on your skin. Rinse the liner very well, then rinse it again. Inspect your liner for any wear or damage. Turn the liner right side out (gel inside, fabric outside) and let it air dry.
- Liners are essentially Hypoallergenic, when we do see a reaction it is usually due to soap residue on the liner. Be sure to rinse your liner well.
- Ensure the liner is dry before you wear it.
- Never wear a wet liner

Socks

- Wash your socks daily or every couple of days, as needed. Socks can be washed by hand or in the washing machine using mild detergent. Dry flat or in the dryer on low.

Socket

- Wipe your socket clean using soapy water and a gentle cloth